

# DINNERLY



## Chicken and Pea Piccata with Mashed Potato



30 minutes



2 Servings

Winner winner chicken dinner! This herby coated chicken breast with mash and peas will be a champion at the dinner table.



## WHAT WE SEND

- 2 potatoes
- 1 lemon
- 1 large free-range chicken breast fillet
- 5g Italian seasoning <sup>17</sup>
- 2 chicken-style stock cubes
- 150g peas

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 garlic clove
- 1 tbs milk <sup>7</sup>
- 2 tbs plain flour <sup>1</sup>
- 1 tbs olive oil
- 20g butter <sup>7</sup>

## TOOLS

- fine grater
- medium saucepan with lid
- potato masher
- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 585kcal, Fat 20.4g, Carbs 48.0g, Proteins 45.6g



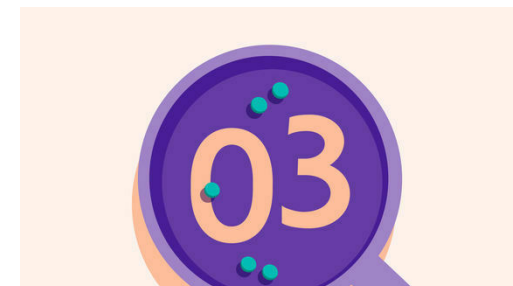
### 1. Prep ingredients

Peel the **potatoes** and cut into 1cm chunks. Crush or finely chop **1 garlic clove**. Finely grate the zest of **half the lemon\***, then juice the half. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



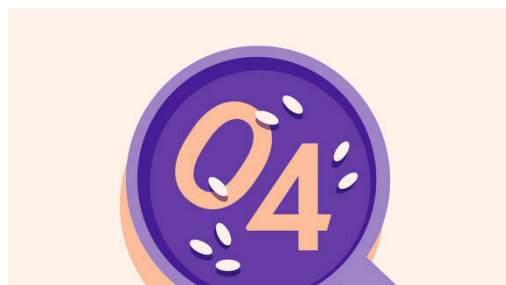
### 2. Make mashed potato

Put the **potato** in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain and return to the pan. Mash the potato until smooth, then add **1 tbs milk**, season with **salt and pepper** and stir until well combined. Cover to keep warm.



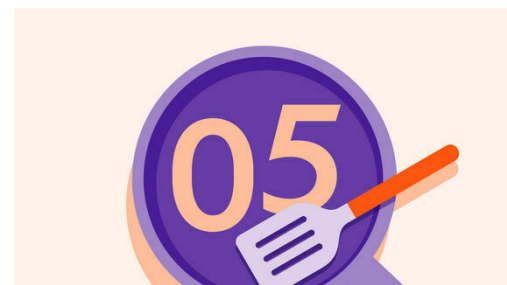
### 3. Pan-fry chicken

Meanwhile, put the **Italian seasoning** and **2 tbs plain flour** in a shallow bowl and stir to combine. Dust the **chicken** with the **seasoned flour** and shake off the excess. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the chicken for 3 mins each side or until golden and almost cooked through. Remove from the pan.



### 4. Make sauce

Reduce the heat to medium. Add the **garlic**, **lemon zest**, **1 tsp lemon juice\*** and **20g butter** to the pan (see Make it yours). Cook for 30 secs or until the butter is melted. Add **125ml (½ cup) water** and bring to the boil. Crumble in **1 stock cube\*** and cook for 2 mins or until the sauce is reduced. Taste, then season with **salt and pepper**.



### 5. Serve up

Add the **peas**, **chicken** and any resting juices to the sauce and cook, covered, for 2 mins or until the chicken is cooked through. Divide the **mashed potato** and **chicken and pea mixture** among plates. Enjoy!



### 6. Make it yours

If you have some on hand, add chopped capers to the pan with the butter and garlic to add extra zing to your sauce.